

## The Evening World's Beauty and Health Column

Conducted by Pauline Furlong

Through This Column Miss Furlong Will Reply to Women Readers' Questions Regarding Exercise, Diet and Other Means of Preserving Good Health and Good Looks.

### Exercises for Nervous Women.

Miss Furlong writes: "Do you consider physical exercises beneficial to the nervous woman and is it not true that absolute rest is, after all, the best remedy for shattered nerves?"

It is a question which has been asked me in recent mail. It is a well known fact that there are in the brain and nervous system, cells which absolutely control the movements of the muscles, and when these cells are neglected and not used they deteriorate and degenerate.

Daily exercises will strengthen the brain cells, which are constantly and in mental work and develop a healthy nervous mechanism. Physical exercises aid materially in distributing the blood evenly through the entire body, and the mental worker will find that a few minutes devoted to them will draw the blood from the brain and bring restful sleep, after a tedious day's work.

### Letters From Readers.

**INDIGESTION AND CONSTIPATION**—MRS. W. T. L. writes: "Your articles are interesting and I am now following the milk diet for indigestion. I have been troubled with hives for a year and have not been able to get any relief. I am 4 feet 11 inches tall and not as stout as I should be. I do not weigh more than one hundred pounds. What would you advise me to do? I have been troubled with indigestion and constipation."

You cannot ever hope to gain health or flesh while you continue to suffer from constipation and indigestion, and only through proper diet and daily exercises can you overcome both of these common disorders. Hives are also the result of faulty diet, and you should clean the system thoroughly and drink much water to cure them. They will not occur on the body when it is cleansed of impurities. The fact that you admit suffering from constipation and indigestion prove that the body is loaded with waste matter and poisons. You should not weigh much more than one hundred pounds.

**GRAY HAIR**—R. L. F. writes: "Will anything restore gray hair? I mean stop it turning gray. I do not want to use a dye. Have heard that eggs are in the hair, but do not know how to use it. Can you tell me? I do not want to use anything which is drying to the scalp, as I have dandruff in very bad form and can use only vegetable oils on my scalp. I am one of your interested readers—a thin one—who has benefited greatly by your intelligent advice. May I offer a suggestion? Please substitute nourishing foods equal to eggs and milk for this people who cannot partake of either, particularly eggs, on account of biliousness. Eggs are absolutely poisonous to me and my doctor says I must not touch them. I used to be stuffed with eggs for anemic condition and suffered regularly with bilious headaches. I stopped them, since I found out what caused them. Others have been relieved also, as I have by never using eggs." Nothing will restore gray hair to its natural color. It shows a dry condition of the scalp existing, and can be somewhat avoided by constant massage with coconut oil. Use no strong soaps or powders. Just plain castile soap in the shampoo twice a month. Sage tea is harmless and vegetable. Get several bunches of the dried sage leaves and pour over them one pint of hot water. When cold strain and brush on clean hair. This is a stain and not a dye and will, therefore, rub off. Anemia is a condition due to lack of iron in the red corpuscles of the blood, and this should be supplied to the body through proper foods, which contain iron and other nourishing ingredients. Eat grapes and grape juice, very ripe bananas, sweet potatoes, rice, corn, hominy, raisins, nuts, nut butter, carrots, spinach, persimmons, baked potatoes, squash, any green vegetables and salads, whole wheat bread, baked macaroni and cheese, buttermilk and sun-dried tomato soup.

**COATED TONGUE**—RUTH W. writes: "What will remove coating from the tongue? Mine is heavily coated in the morning." Drink at least two quarts of water each day and keep the bowels active.



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Many of the little eyeglass annoyances which you have come to think "unavoidable" are really unnecessary.

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## WAGNER IS BOOMED TO HEAD THE TICKET INSTEAD OF SEABURY

Tammany and Many Up-State Democrats Prefer Him to the Justice.

Edwin S. Harris, Chairman of the Democratic State Committee, is on his way to points up-State laden with the information that various Democratic managers had decided to support Senator Robert F. Wagner instead of Judge Samuel Seabury for the Democratic nomination for Governor.

Chairman Harris received this information at a conference at Delmonico's at which were present Charles F. Murphy, leader of Tammany; National Committeeman Norman E. Mack, former Sheriff Tom Foley and other Democratic leaders.

When the members of the State Committee met at the Knickerbocker Hotel on Wednesday and called a State conference for Aug. 11 at Saratoga, it developed that there was a division of opinion as to the advisability of making Judge Seabury the organization candidate in the September primaries. At yesterday's conference the sentiment was that Senator Wagner should be the candidate.

Attempts are being made to promote the idea that the Wilson forces favor Judge Seabury. National Chairman McCormick and others close to the President, have repeatedly asserted that Mr. Wilson has been hiding aloof from State matters, and that he intends to continue to do so.

There is evidence that the Tammany leaders prefer Senator Wagner to Judge Seabury.

Will Back Seabury at Democratic State Conference.

Announcement was made to-day that five members of the Samuel Seabury League of Brooklyn will attend the Democratic State conference at Saratoga on Aug. 11 to urge the nomination of the Justice for the gubernatorial nomination.

The committee will be headed by Abner G. McLaughlin, President of the league.

## We Shall Keep Going the Street Railways of New York

To the People of New York City:

No matter whether the alien organization seeking to impose itself upon this City calls a strike or not,

the uniformed employees and management of this Company will maintain the street railroad service of New York.

We are informed that it is the purpose of this organization to hold a meeting at 10 o'clock this morning and immediately thereafter to call a strike on the "green" car lines.

An unfortunate and almost inevitable feature of such strikes is that intimidation and violence usually start immediately.

We have requested the Police Department immediately upon a strike being called to place a uniformed policeman on every car we operate.

We do not ask the police to take sides in favor of either the strikers or the Company.

We do ask the police to take sides in favor of the community, to the end that there may be no question whatsoever that order shall be preserved.

It is important that the public understand the law governing a situation like this.

We therefore quote the following pertinent sections from the Penal Law:

**SECTION 1991, Sub-Division 5**—A person who wilfully displaces, removes, cuts, injures or destroys any wire, insulator, pole, dynamo, motor, locomotive or any part thereof, attached, appertaining to or connected with any railway operated by electricity, or wilfully interferes with or interrupts any motive power used in running such road, or wilfully places any obstruction upon the track of such railroad, or wilfully discharges a loaded firearm or projects or throws a stone or any other missile at such railway train or locomotive, car or vehicle, standing or moving upon such railway

is punishable as follows: First—If thereby the safety of any person is endangered, by imprisonment for not more than twenty years.

Second—In every other case by imprisonment for not more than five years.

**SECTION 720**—Any person who shall by any offensive or disorderly act or language annoy or interfere with any person in any place or with the passengers of any public stage, railroad car, ferry boat or other public conveyance or who shall disturb or offend the occupants of such stage, car, boat or conveyance by any disorderly act, language or display, although such act, conduct or display may not amount to an assault or battery, shall be deemed guilty of a misdemeanor.

**SECTION 1990**—A person who wilfully obstructs, hinders or delays the passage of any car lawfully running upon any steam or horse or street railway is guilty of a misdemeanor.

**SECTION 2090**—Whenever three or more persons having assembled for any purpose disturb the public peace by using force or violence to any other person, or to property, or threaten or attempt to commit such disturbance, or to do an unlawful act by the use of force or violence, accompanied with the power of immediate execution of such threat or attempt, they are guilty of riot.

**SECTION 180**—If two or more persons conspire To prevent another from exercising a lawful trade or calling, or doing any other lawful act, by force, threats, intimidation, or by interfering or threatening to interfere with tools, implements or property belonging to or used by another, or with the use of employment thereof

Each of them is guilty of a misdemeanor.

We therefore repeat what we said to the Mayor yesterday:

"In the event that any effort is made to rush the situation and precipitate trouble all we ask is that the City authorities protect passengers and our loyal uniformed employees from molestation.

"Believing that the City will not hesitate to preserve order, we feel confident enough of the sentiment of our men to assure you that the transportation service of this City will be maintained."

## New York Railways Company

Theodor P. Shouts  
President.

Imagine!!



¶ DORA KEEN, A WEALTHY PHILADELPHIAN, went to Alaska especially to scale Mount Blackburn. She tried out six guides and found them all lacking. Then along came THE SEVENTH MAN, and Miss Keen—or rather Mrs.—well, anyhow—read the romance in next Sunday's World Magazine. It's a mighty unusual story.

¶ "SOMEWHERE IN TEXAS" is the way Reginald L. Foster, a member of The World Magazine Staff and Major in the Twelfth New York Infantry, starts his impressionistic jottings on border life. From his account, it sounds as if this were more or less "THE life."

¶ SHARKS ARE THE MOST RETICENT CREATURES in the depths when it comes to revealing their family affairs. But a persistent deep-sea interviewer managed to fathom out much entertaining information concerning seventeen different kinds of sharks (all the underwater variety), and the result is given in a big page of pictures, in each shark's particular preference for color.

¶ AND THEN, THERE'S THE GULF STREAM—the poor, old, inoffensive Gulf Stream! First it got blamed for the weather—hot or cold, it didn't matter which. Then some one accused it of being side partner of the sharks. . . . Fallacy, thy middle name is Gulf Stream. . . . Through a large map and the latest scientific analysis (written in plain English), get to know the Gulf Stream; it's really a very decent sort.

¶ NO DETECTIVE STORY OF POE, or Doyle, or Gaboriau ever told a darker mystery plot than that which resulted in the slaying of a burdensome husband not long since in the exclusive section of Dobbs Ferry, N. Y. Edward H. Smith of The World Magazine Staff, who narrates it, calls it "a crime which opens a glimpse into the murkiest depths of the shadowed human soul."

¶ WILL SOME ONE PLEASE "PAGE" THE typical matinee girl? She's wanted—to emit a few "ahs" and "ohs!" when she beholds—scintillating from the magazine cover—Broadway's latest "discovery" in the way of actor men.

¶ WHO, WITH SOUL SO DEAD, that he, or she, doesn't want to read again "An Old Sweetheart of Mine." On Page 2 you will find this, the most popular poem of James Whitcomb Riley, who, in writing it, reared himself the most enduring of monuments.

### Cameras Are Constantly Clicking

on all parts of the globe to supply photographs from which are selected the pictures printed in The Sunday World Gravure Section.

TO WAR-BURDENED GERMANY, Austria, France, Italy, England the all-seeing lens transports you. For instance there's one photograph, taken from an aeroplane, above the Douaumont fortress. The aviator probably risked his life to get it for you.

YOU WOULDN'T KNOW FIFTH Avenue at Forty-second Street, as it appears in a picture taken nearly forty years ago. So that you may lose none of the amazing contrast there's another picture of that busy crossroads as it looks to-day.

You Mustn't Miss

The World

NEXT SUNDAY

—and Let Your Newdealer Know in Advance—To-Day—That You Want It.